

# ALL ABOUT Apples

Apples deliver a fresh burst of flavour to dishes both savoury and sweet. This complete guide to our favourite apple varieties will help you choose the right one for your recipes—and lunch bags!

## LEGEND



BAKING



COOKING



RAW



### Braeburn

Slightly acidic with hints of pear and cinnamon. Crunchy and dense.

#### Best for

Applesauce, baking, cider, pie

#### Try



Diced and folded into oatmeal-cinnamon muffins



Tossed with herbs and breadcrumbs for pork stuffing



Grated over a cheddar cheese omelette



### Cortland

Softly sweet with heavy acidity. Juicy and tender.

#### Best for

Salad, snacking

#### Try



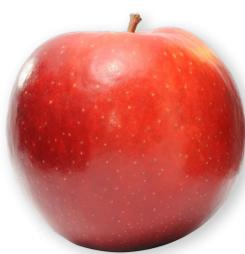
Thinly sliced and nestled into pastry for turnovers



Stuffed into roast turkey with onion, celery, sage and maple syrup



Topped with homemade granola and drizzled with honey



### Cripps Pink

Tart with pleasant sweetness. Crunchy and juicy.

#### Best for

Salad, snacking

#### Try



Tossed with raspberries and baked in a crisp



Grilled in a sandwich with cheese and bacon



Mixed with lettuce and chicken, topped with creamy dressing



### Empire

Equally sweet and tart. Firm with a crisp bite.

#### Best for

All-purpose, applesauce, baking, cider, pie, salad, snacking

#### Try



Piled high inside a deep-dish apple pie



Grilled in foil packets with pork back ribs



Quartered and topped with almond butter



### Gala

Very sweet with low acidity. Thin-skinned, crisp and slightly grainy.

#### Best for

Applesauce, salad, snacking

#### Try



Cubed and baked atop flatbread with cream cheese and cinnamon



Slowly simmered into applesauce with a sprinkle of cardamom



Quartered and tossed in a mustard vinaigrette for coleslaw



### Golden Delicious

Honey-like and mellow. Soft and juicy.

#### Best for

Salad, cheese boards, snacking

#### Try



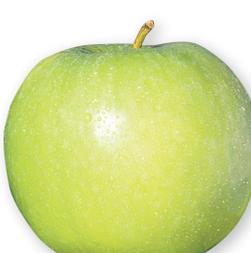
Diced and folded into bundt cake with a gooey pecan topping



Cored, stuffed with granola and baked



Quartered and placed a cheese board with honey for dipping



### Granny Smith

Very sharp, almost sour. Sturdy and crisp.

#### Best for

All-purpose, sauce, baking, cider, pie, salad, snacking

#### Try



Baked into cupcakes topped with cream cheese icing



Simmered into a cheese dip served warm with veggie sticks



Diced into salsa with cucumbers, onions, lime juice and cilantro



### Honeycrisp

Delicate, honey-like. Crisp and loud to eat.

#### Best for

Baking, pie, salad, snacking

#### Try



Diced and added to banana bread



Simmered in the slow cooker to make apple butter



Cubed and added raw to carrot soup



### McIntosh

Strong tartness and acidity. Dense, tender and juicy.

#### Best for

Applesauce, baking, cider, pie

#### Try



Tossed in cinnamon batter for apple fritters



Boiled in broth with leeks and cauliflower then puréed into soup



Thinly sliced to top burgers (meat or veggie!)



### Red Delicious

Candy-like with slightly bitter skin. Firm with a soft interior.

#### Best for

Salad, snacking

#### Try



Sliced and baked into apple chips



Simmered with raisins, onions, spices and vinegar to make chutney



Quartered and dipped into cheese fondue



### Spartan

Honey-like with acidic undertones. Crunchy and juicy.

#### Best for

Baking, cider/juicing, pie, salad, snacking

#### Try



Sliced, tossed with sugar and spice and baked into tarts



Sautéed with onions and pork in a skillet



Dipped whole into caramel and topped with nuts

## HOW TO HANDLE

### Select



Choose firm, smooth apples that are even in colour and free from nicks or bruises.

### Store



Apples emit ethylene gas that will ripen nearby fruits and vegetables. Store in a separate bowl on the counter for up to three days or sealed in the fridge for a few weeks.

### Prep



For most baking and cooking, peel apples with a paring knife. To core, slice down one side close to the core. Lay the flat side down on a cutting board and slice down another side. Continue slicing sides until core is removed. Or, use an apple corer.